

**Carroll County Health Department Public Health Preparedness and Response**  
**Health News Update 9/9/14**

There are several infectious diseases in the news. Here is a brief overview and additional resources:

**EV-D68 Infections**

Hospitals in Missouri and Illinois are seeing more children than usual with severe respiratory illness caused by a type of enterovirus, D68 (EV-D68). Several other states are investigating clusters of children with severe respiratory illness, possibly due to EV-D68. No cases of EV-D68 have been identified in adults. No one with EV-D68 has died. Maryland is not one of the states reporting possible EV-D68 cases as of this report.

The CDC is watching this situation closely and helping states with testing of specimens.

**Symptoms**

- EV-D68 has been reported to cause mild to severe respiratory illness but may cause other symptoms as well.
- Children infected with this virus will appear to have a severe cold, with runny nose, sneezing and cough. But the illness can worsen quickly in some cases, and parents should seek help if their child has trouble breathing.
- EV-D68 seems to trigger asthma attacks in some cases, even in children who have not had asthma before.

**Transmission**

- EV-D68 can be found in saliva, nasal mucus, or sputum. The virus likely spreads like the flu and the common cold, from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.

**Treatment**

- There is no specific treatment for EV-D68 infections.
- Many infections will be mild and self-limited.
- Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy.
- Children with asthma may be at greater risk of severe respiratory illness from EV-D68.

**Prevention**

- There are no vaccines for preventing EV-D68 infections.
- You can help protect yourself from respiratory illnesses by following these steps:
  - Wash hands often with soap and water for 20 seconds, especially after changing diapers.
  - Avoid touching eyes, nose and mouth with unwashed hands.
  - Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
  - Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Parents should make sure that their child's asthma is well-controlled.

**Health Care Professionals**

- The CDC recommends that healthcare providers be aware of EV-D68 as a potential cause of clusters of severe respiratory illness, particularly in young children.
- Lab testing for enteroviruses should be considered when the cause of infection in severely ill patients is unclear. State health departments or CDC can be approached for typing enteroviruses.
- Cases and clusters of severe respiratory illnesses should be reported to state and local health departments.

News report: [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_148261.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_148261.html)

More details, healthcare professional info: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>

## Ebola

A suspect case of Ebola in Miami, FL, was found NOT to have Ebola.

The Ebola outbreak continues in West Africa. Cases as of August 31, 2014:

- Suspected and Confirmed Case Count: **3707**
- Suspected Case Deaths: **1848**
- Laboratory Confirmed Cases: **2106**
- Case fatality rate for this outbreak: **55-60%**
- No confirmed Ebola cases have been reported in the United States.
- The Democratic Republic of the Congo has reported cases of Ebola unrelated to the West African outbreak.
- The drug ZMapp is being tested for Ebola treatment.
- NIH has begun human testing of an Ebola vaccine and is working with a company to develop an antiviral drug to treat Ebola. U.S. Department of Defense is also funding work on drugs and a vaccine for Ebola.

Ebola infographic: <http://www.cdc.gov/vhf/ebola/pdf/west-africa-outbreak-infographic.pdf>

Ebola updates: <http://www.cdc.gov/vhf/ebola/>

## Flu

Flu shots are now available. The CDC recommends the flu shot for everyone 6 months and up, including pregnant women. It is especially important for people at high risk for complications from the flu, and those who live with them, to get the flu shot. People at high risk for flu complications include:

- Infants and children
- Pregnant women
- Seniors
- People with disabilities or health conditions
- People who travel

People age 2-49 who are not pregnant can get the Flu Mist instead of the flu shot. People with egg allergies can get a special, egg-free shot.

For more information on the flu: [www.flu.gov](http://www.flu.gov) To find a flu shot near you: <http://flushot.healthmap.org/>

Flu fact infographic: [http://www.flu.gov/prevention-vaccination/vaccination/flugov\\_infographic.html](http://www.flu.gov/prevention-vaccination/vaccination/flugov_infographic.html)

## MERS-CoV

Middle East Respiratory Syndrome (MERS) is a severe respiratory illness caused by a coronavirus. All cases have been linked to the Arabian Peninsula; about 30% of those who contracted the disease have died. There were two cases of MERS being imported to the U.S.; both patients have recovered. There have been no MERS-related deaths in the U.S. The increase in cases has slowed. There is concern this fall, with possible increased travel to Saudi Arabia for religious observances. Travelers to the area should take extra precautions to prevent the spread of germs, and avoid contact with camels.

More information: <http://www.cdc.gov/coronavirus/mers/index.html>

Travelers: <http://wwwnc.cdc.gov/travel/notices/alert/coronavirus-saudi-arabia-qata>

## Chikungunya

Chikungunya is a mosquito-borne illness that causes fever and joint pain. It can be prevented by avoiding mosquito bites, especially during the day, in areas where the disease has been found. As of September 2, 758 chikungunya cases have been reported in the U.S. Most occurred in travelers returning from affected areas in the Caribbean or South America (N=740), the Pacific Islands (N=6), or Asia (N=5). Seven locally-transmitted cases have been reported in Florida. No one in the U.S. with chikungunya has died. Travelers to affected areas should take precautions to avoid mosquito bites.

More information: <http://www.cdc.gov/chikungunya/index.html>